



2002 DoD Survey of Health-Related Behaviors among Military Personnel

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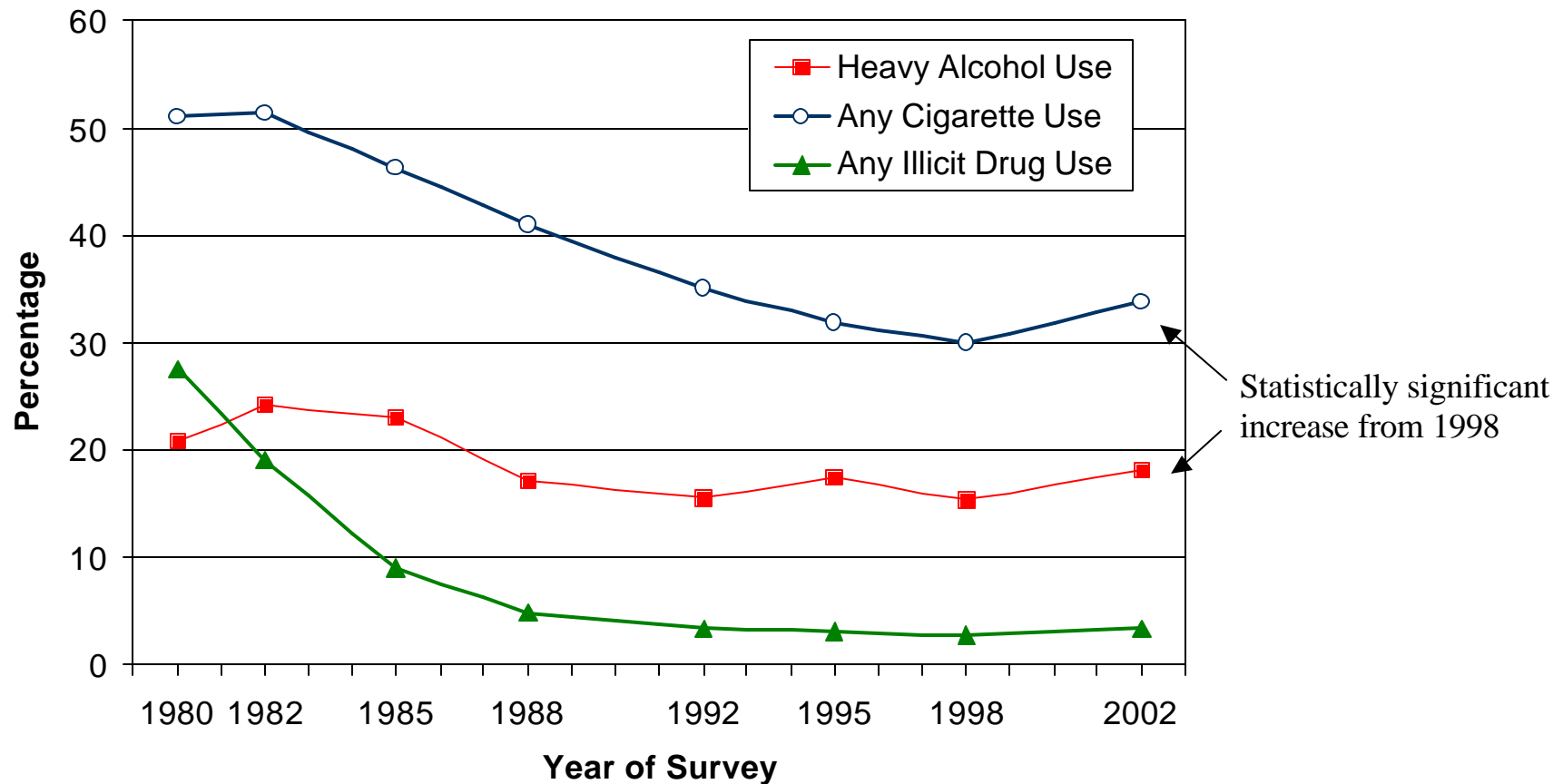
Survey Facts

- Largest population-based health behavior survey of U.S. active-duty personnel
- Survey conducted approximately every 3 years since 1980
- Random selection of personnel located at 30 military installations worldwide in 2002
- Anonymous reporting of health behaviors and preventive medicine practices
- Over 12,500 respondents in 2002



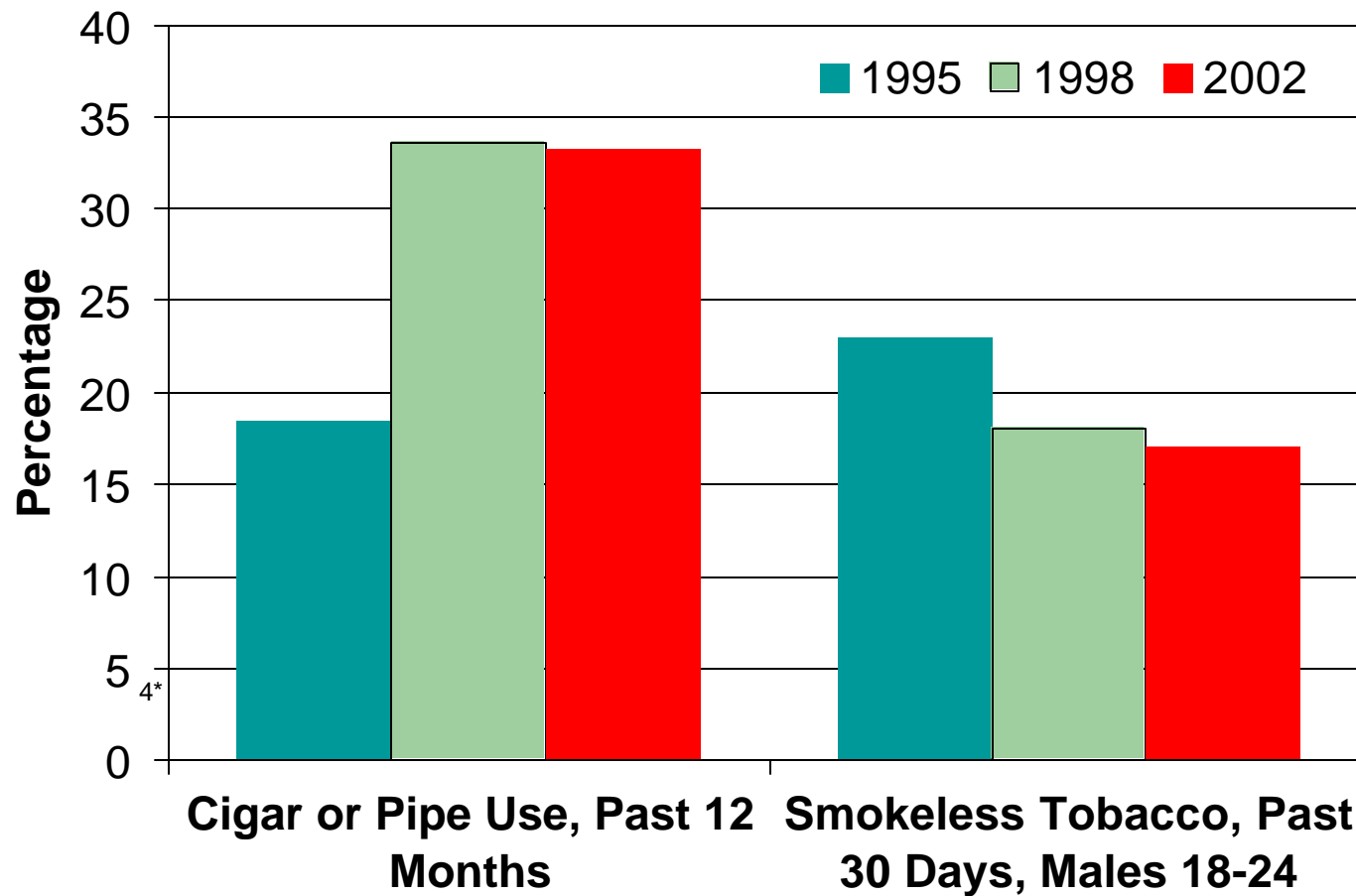
Substance Use Trends

Total DoD, Past 30 Days





Other Tobacco Use, Total DoD





Military/Civilian Comparisons of Substance Use

- **Heavy alcohol use: higher among military**
 - Military 18–25 had higher rates (27 vs. 15%)
 - Military 26+ had similar rates (9 vs. 8%)
- **Illicit drug use: lower among military**
 - 3 vs. 12%
 - Similar pattern across gender/age/Service strata
- **Cigarette use: similar in military and civilians**
 - ~31%



Healthy People 2000

– HP objectives that were met:

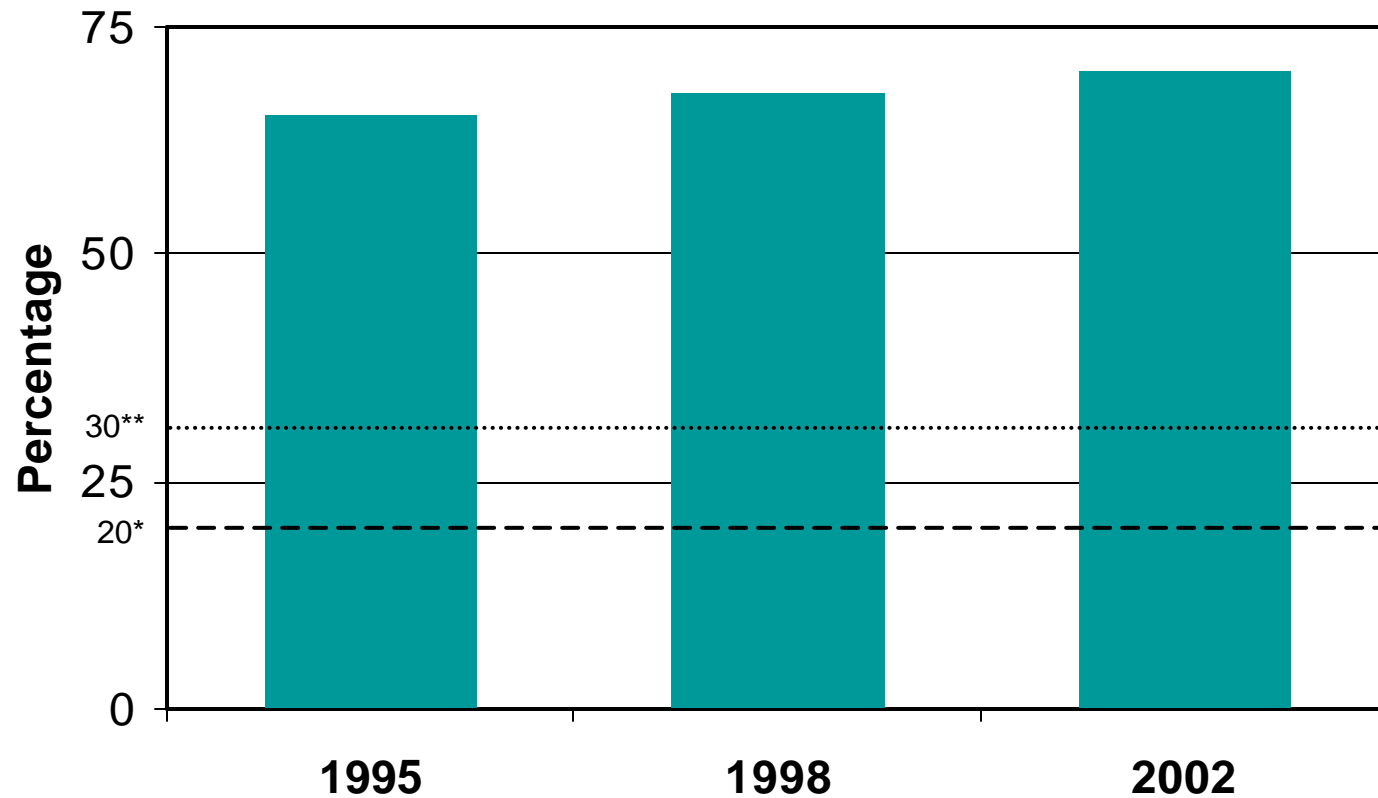
- strenuous exercise, seat belt use, helmet use, pap smears, and no alcohol use during pregnancy

– HP objectives not met:

- overweight; tobacco use; binge drinking; injury hospitalizations; hypertension control; cholesterol checks; condom use



Trends in Strenuous Exercise 1995–2002

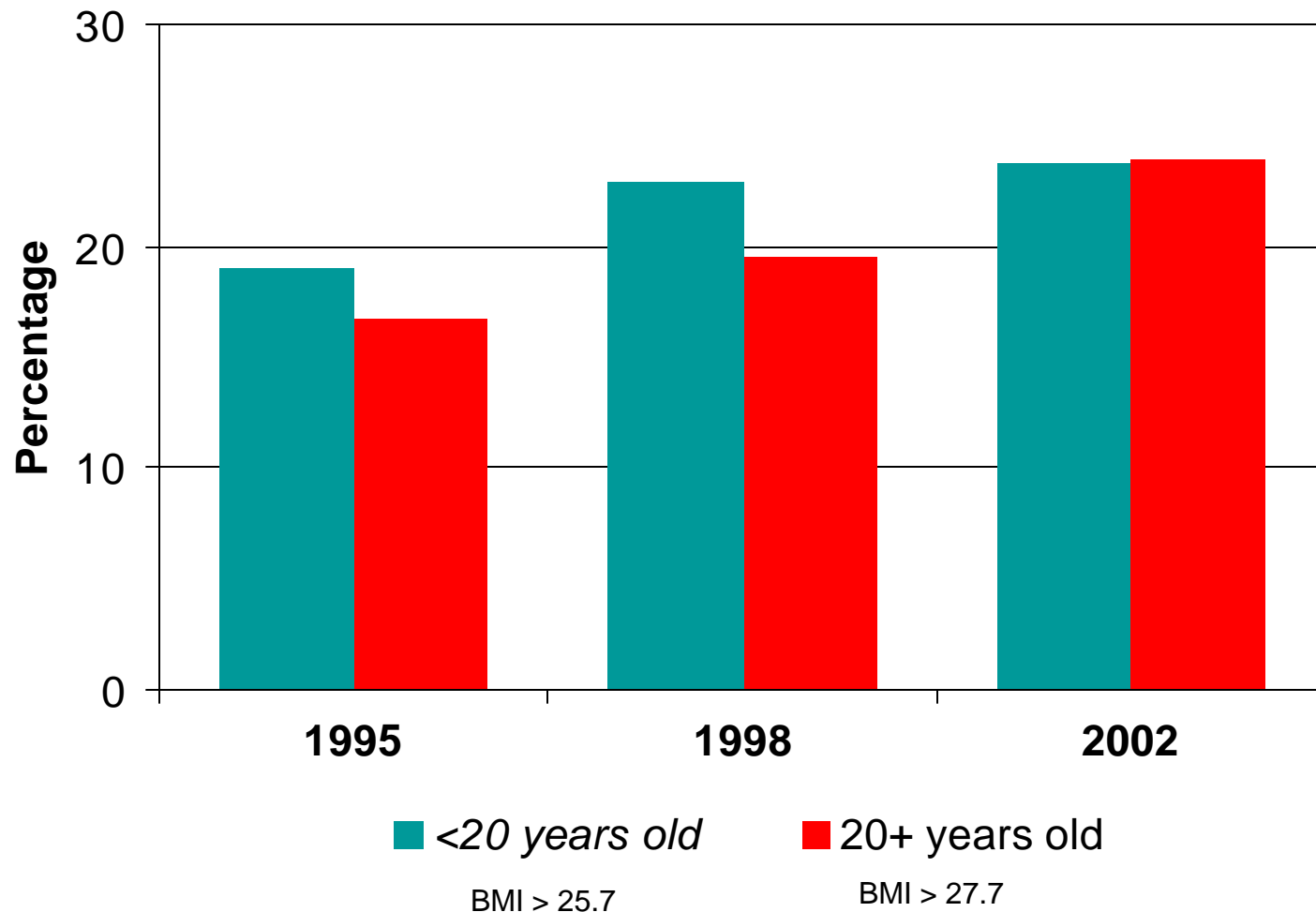


*The *Healthy People* 2000 objective is =20%.

**The *Healthy People* 2010 objective is =30%.

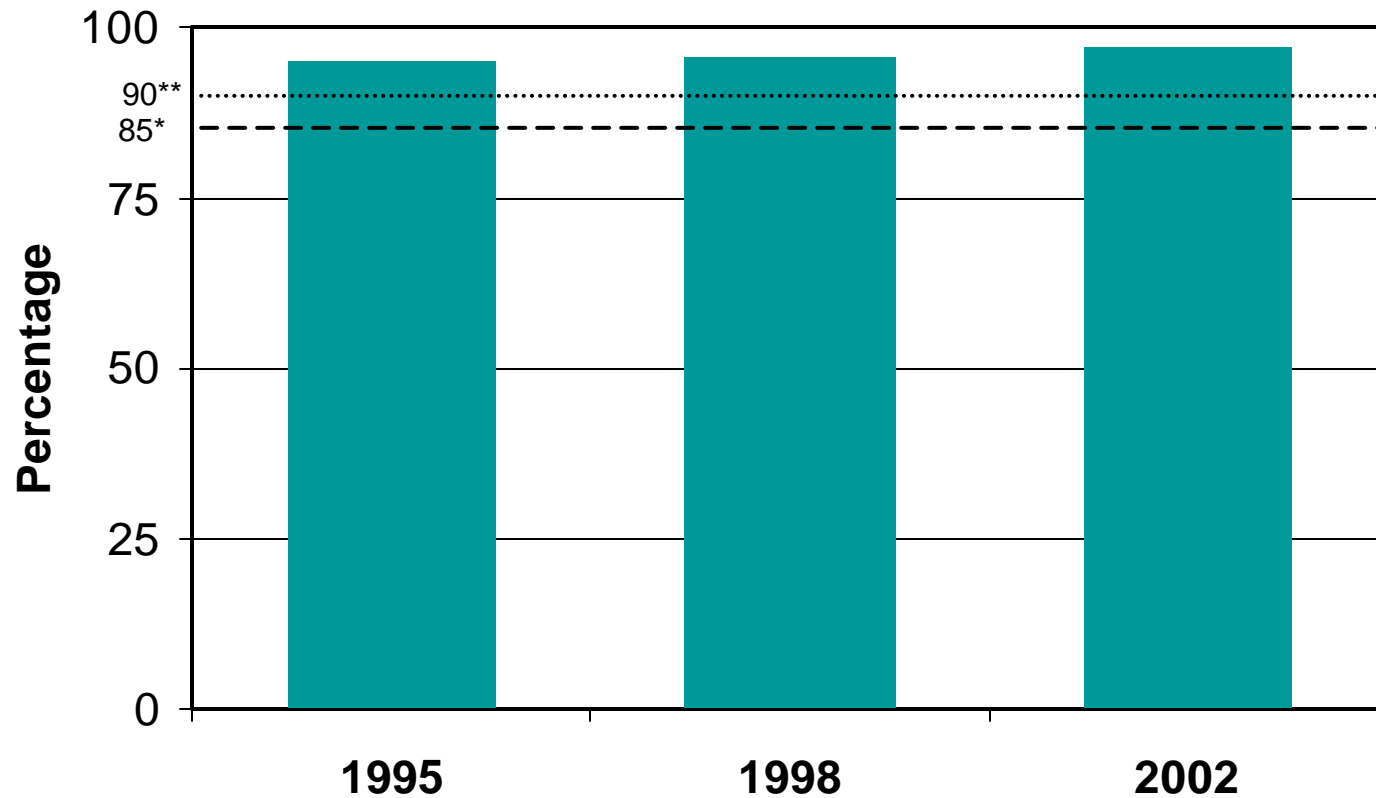


Overweight Trends HP 2000 Guidelines





Pap Smear, Received Past 3 Years, 1995—2002

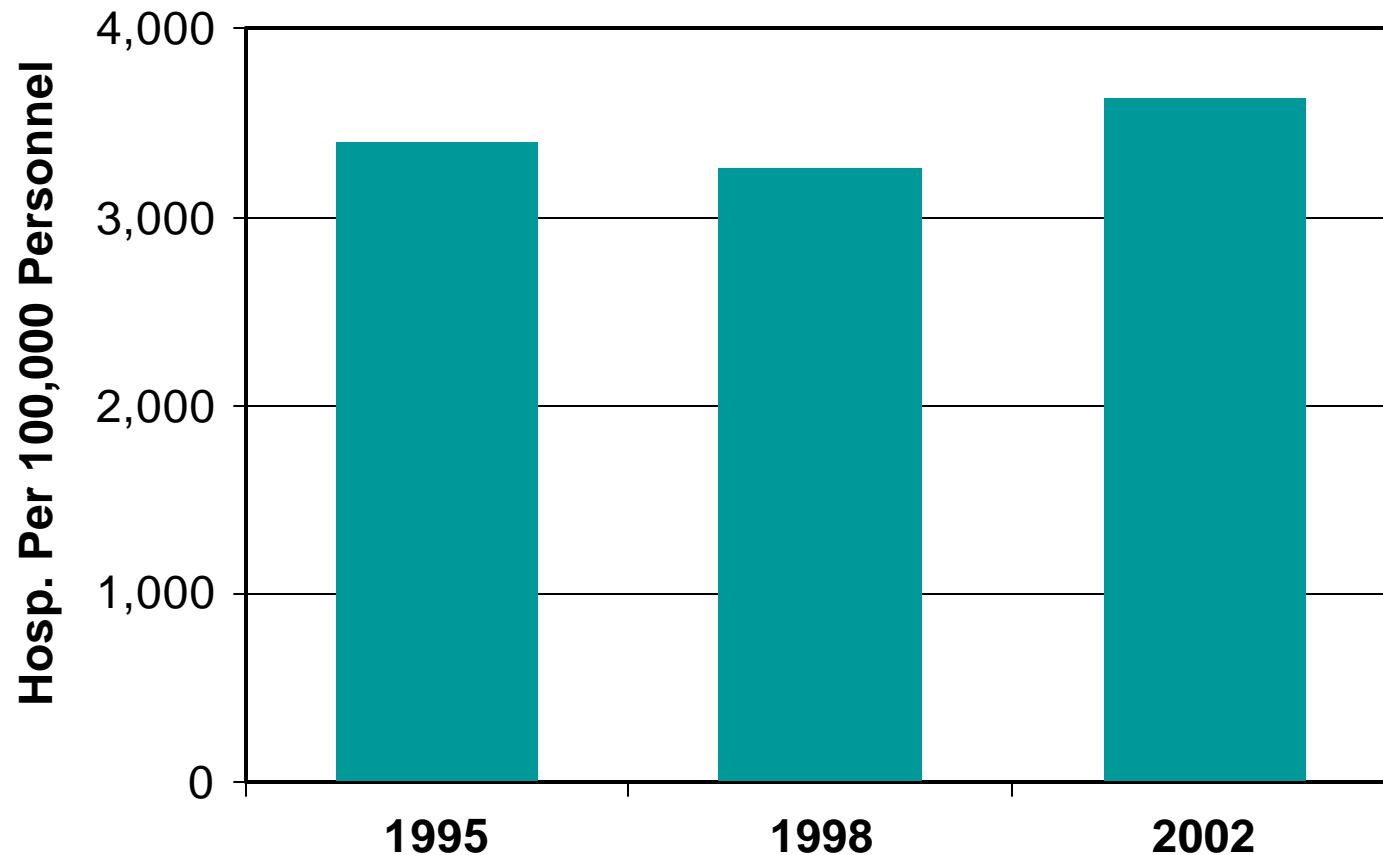


*The *Healthy People* 2000 objective is =85%.

**The *Healthy People* 2010 objective is =90%.



Hospitalization for Injuries, Past Year, 1995–2002



*The *Healthy People 2000* objective is =754 injuries per 100,000 personnel.



High Levels of Stress, Past Year, Total DoD





Sources of Stress, Past Year, Total DoD



Stressor	Men (%)	Women (%)
Being away from family	18.7	21.2
Deployment	18.9	19.6
Changes in personal life	13.1	21.4*
Increases in work load	14.7	17.0
Conflicts between military and family responsibilities	11.6	14.8*
Problem with co-workers	10.1	14.9*
Problems with supervisor	10.8	13.9*
Having a PCS	9.5	13.7*
Problems with money	10.3	12.0



Behaviors for Coping with Stress, by Gender, Total DoD

Coping Behavior	Men (%)	Women (%)
Think of plan to solve problem	82.3	86.7
Talk to friend/family member	72.5	87.6
Exercise or play sports	61.0	60.1
Engage in a hobby	60.5	57.0
Say a prayer	49.5	71.0
Have a drink	25.9	20.8
Get something to eat	39.9	51.1